

Cultivating Kindness in Families 3: FEELING KIND

Dealing with diverse emotions is a crucial part of a flourishing life. Two values, awareness, and kindness, can help us deal with emotions wisely. When kids recognize emotions and name them with an attitude of kindness toward themselves or another person, there is a healthy space for dealing with emotions.

Outcomes:

- Kindness brings genuine feelings of warmth, compassion, empathy, caring, concern, and consideration
- Learning to recognize and attend to emotions with kindness
- Experience how kindness feels in the body
- Cultivating kindness towards our own emotions and those of others

FAMILY TEAMTALK 3

Light the Kind Candle

One of the kids can light a candle to mark the beginning of a special celebration of kindness. Mention that we celebrate the kindness already present in each of us and our families. Just as a candle brings light and warmth, so does kindness.

Check-in and holding emotions with Kindness

Each person gets an opportunity to say how they are doing. Use the Emoji chart at the end of this document to choose and share one (or more!) emotion they feel at this moment. Try just listening without trying to fix or change anything. A kind presence, is all that is needed. No shame to feel any of these emotions! We can hold all emotions in our hearts with kindness.



How Kindness Feels

We can feel kindness! If your friend gives you a turn on the swing, it makes you feel happy and warm inside. And if you see your friend really wants to have a turn as well, we feel warm kindness in our hearts when we give our friend a chance as well.

Kindness is also about knowing and feeling what others feel. If you see a friend who is sad because they lost their toy, you may feel sad for them, too. That's called empathy, and it helps you understand how others feel.

When we care about others in our family and want to help them feel better, we're showing compassion. It's like giving dad/mom/caretaker a big, caring hug when they need it most. And the best part is that it makes you feel really good inside, like a warm, sunny day!

Emoji Charades Game

Objective: Guess the emotion that the player is acting out by making faces and gestures.

How to Play:

- Use the list of different emotions in the emoji chart at the end of the document.
- With young kids (2-5) parents choose an emotion and act out the emotion using their face and body. See if they can successfully "read" your emotions.
- With kids that can read, the player chooses any emotion from the list and writes it down so that no one can see what was chosen.
- The player must act out the emotion using only their face and body. No words allowed!
- The other players try to guess the emotion. They can shout out their guesses or take turns guessing. See who can first correctly identify the emotion.

Tips:

- Encourage children to use big expressions and exaggerated movements to make it easier for others to guess.
- Keep the game light and fun, and praise all efforts! Imagine how it would be if we could "read" and kindly respond to each other's emotions.

Checkup EMOJI Chart

A quick check-in again: How do you feel now? Any changes compared to the beginning?

"Breath Buddies" Kindfulness Practice

Objective: Help children become aware of their emotions and learn to hold them with kindness by practicing mindful breathing.

1. **Get Comfortable:**
 - Find a comfortable, quiet space where we can lie down on our backs with their small toy resting on their belly. Adults can join in by placing their hands on their own bellies or using a toy, too.
2. **Introduce the Practice:**
 - Explain that today you'll be spending time with your "Breath Buddy" (the toy). Your Breath Buddy helps you notice your breaths and feelings.
3. **Start with Deep Breaths:**
 - Guide everyone to take a deep breath in through their nose and out through their mouth with eyes open. Watch how the Breath Buddy rises and falls with each breath, like riding on a see-saw.
 - Do this together for a few breaths, encouraging the children to notice the movement of their toy.
4. **Notice the Emotions:**
 - Ask everyone to close their eyes or gaze softly at their Breath Buddy. Explain that sometimes we feel different emotions, and that's okay.
 - Say, "Imagine your Breath Buddy is a friend who can hold your feelings gently. You don't need to fight your emotions; your Breath Buddy is strong enough to hold them."
5. **Breathing with own Emotions:**
 - Guide the children to think of a recent emotion they felt (happy, sad, excited, scared, etc.).
 - As they breathe in, encourage them to imagine the emotion being kindly held by their Breath Buddy. As they breathe out, imagine the emotion gently floating away.
 - Repeat a few times, emphasizing that it's okay for emotions to come and go.
6. **Breathing with others' Emotions:**
 - Guide the children to think of a recent emotion they saw in a sibling or parent (happy, sad, excited, scared, etc.).

- As they breathe in, encourage them to imagine the emotion of the other being kindly held by their Breath Buddy.
 - As they breathe out, imagine the emotion gently floating away in the other person.
 - Repeat a few times, emphasizing that it's okay for emotions in other people to come and go.
- 7. Kindness Reminder:**
- Say, "Just like your Breath Buddy holds your emotions, you can be kind to yourself. You are strong enough to hold your feelings with kindness."
 - In our family, we can also hold each other's emotions with kindness.
- 8. Ending the Practice:**
- Guide everyone to take a few more deep breaths, thanking their Breath Buddy for helping them today.
 - Slowly bring the session to a close by wiggling fingers and toes, and when ready, sitting up together.
- 9. Reflection Time:**
- Ask the children how they felt during the practice. Did they notice their emotions? How did their Breath Buddy help them?
- Model the Practice: Show your own engagement to encourage your children.
 - Be Patient and Kind: It's okay if the children are fidgety. Keep the practice light and fun.

This practice helps children recognize and hold their emotions with kindness, fostering a gentle awareness and acceptance of their feelings. That helps us to notice and be with emotions in other family members.

The Spirit of Kindness

John 11:35: "Jesus wept." (*Jesus also cried. It's ok to cry.*)

Albert Schweitzer: "Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."

Kindness Calendar

To remind ourselves about the theme, put a poster on the refrigerator or another prominent place.

On the poster, you will find a calendar to recognize acts of kindness. Make it a habit to acknowledge and celebrate acts of kindness. Mark acts of kindness with a sticker or pencil.

Celebrate the acts of kindness since the previous TeamTalk. Maybe from a Kindness Cookie Jar?

Who will help put up the poster? (If they offer help, add the first star/note to the calendar)





















Someone blows out the candle!

Ask someone to blow out the candle because we take care of endings with gratitude.

Related Resources

MOVIE NIGHT: Consider watching the movies Inside Out 1 & 2

EMOTIONS CHART

 - Happy	 - Excited
 - Sad	 - Confused
 - Angry	 - Proud
 - Scared	 - Disappointed
 - Sleepy	 - Cool
 - Loved	 - Surprised
 - Frustrated	 - Celebrating
 - Relaxed	 - Thoughtful
 - Anxious	 - Silly
 - Sick	 - Bored



3 Feeling Kind

Names

✓	✓	✓



Names

✓	✓	✓

